

Gibbs's Reflective Cycle (Gibbs, 1998) helps you to understand and practice your reflective skills. Use the template to reflect on a recent event in which you demonstrated a reflected ability to improve or demonstrate the need for further learning or development"

Reflective Title

Description: what happened?

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Feelings: what were you thinking and feeling?

Evaluation: what was good and bad about the experience?

Analysis: what sense can you make of the situation?

Conclusion: what else could you have done?

Action plan: if the situation arose again, what would you do?

Name

Date